

# FUNNY WHO YOU'LL FIND AT COMIC-CON

MCCONAUGHEY IS JUST ONE OF MANY NON-NERDY CAMEOS. PAGE 10

# metro

**BOSTON** Monday, July 28, 2014 [www.metro.us](http://www.metro.us) | t: MetroBOS | f: MetroBoston



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Take That:  
A boy band  
man never  
has to grow up

PAGE 11

**Competition.** This is not your mom's 5K. Fundraising meets physical fitness in a new competition trend that leaves you looking like you were on an episode of "Double Dare." This weekend, 10,000 people will invade Gillette Stadium for the ROC Race 5K — aka the Ridiculous Obstacle Challenge. PAGE 02

# DOWN AND DIRTY



The competitions, like Muderella, are hugely popular, especially among women. / MUDERELLA

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# 1

## NEWS

### Today's tweet

"I'm so Dorchester I think I'm better off avoiding people who ask what neighborhoods in Dorchester to avoid."

You should only ask @WelcomeToDot about the good hoods.



### Top 3

## What's trending online at Metro.us

**1** Rescued from VHS: Demi Moore in a music video with her first husband'

**2** VIDEO: You won't believe how big this giant jellyfish is'

**3** Newport Folk Festival: Photo gallery of 46 moments that rocked'

### Court

## Judge tosses Hernandez request to drop murder charge

A Massachusetts judge has refused to toss out murder and firearms charges against ex-New England Patriots star Aaron Hernandez in last summer's killing of Odin Lloyd, a semi-professional football player from Dorchester.

Bristol Superior Court Judge Susan Garsh last week rejected the defense's argument that prosecutors lack probable cause to charge Hernandez in the execution-style slaying of Lloyd, 27, near Hernandez's home in North Attleborough. **METRO**

### Victory

## RunKeeper outruns the Green Line

Three RunKeeper employees outran a Green Line trolley Friday, beating the notoriously slow trolley by just seconds.

Michael Ravert completed the 4.1-mile trek in 24 minutes and 8 seconds, Phil Connaughton was timed at 24 minutes and 10 seconds and Matt Wilson finished in 24 minutes and 15 seconds. The trolley traveled from the Boston College Stop to Blandford Street, along the B Line, in 24 minutes and 49 seconds.

The men were competing for bragging rights. **METRO**

### Suspect sought

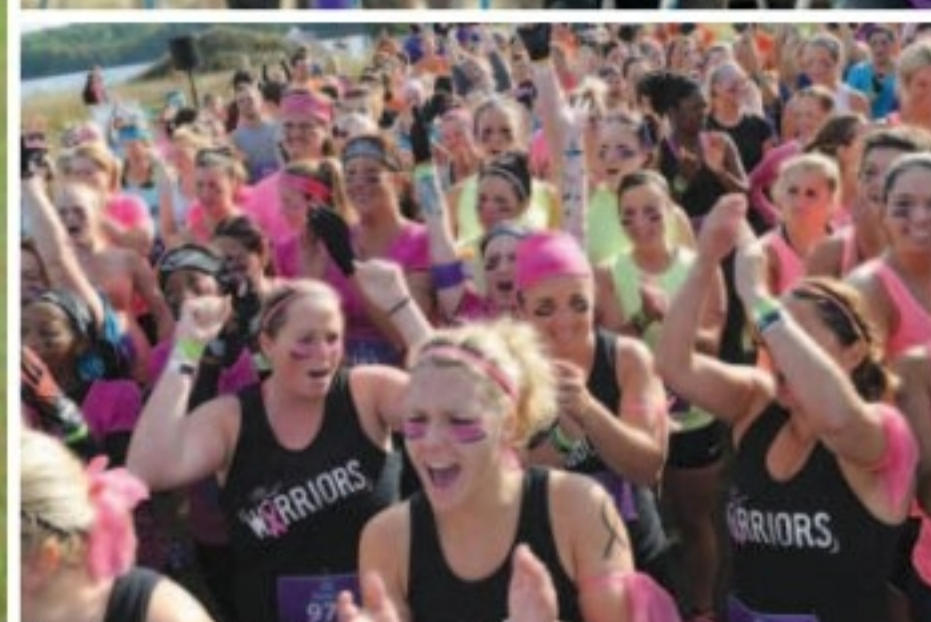
## AG releases sketch in Abigail Hernandez case

Authorities investigating the disappearance and sudden reappearance of a New Hampshire teen have released a sketch of a man the girl said drove her away in October.

Abigail Hernandez, 15, returned home to her family earlier this month after having disappeared for about nine months. Authorities said they are searching for the man and still investigating the details of her disappearance. **METRO**



Alyssa Coleman shows off the obstacle race medals she received for competitions such as the Rugged Maniac 5K, Tough Mudder, Superhero Scramble and Warrior Dash, bottom right. / MUDDERELLA/NICOLAUS CZARNECKI, METRO



# Changing the terrain of fundraiser runs

## Massachusetts. Could extreme obstacle challenges be the new racing norm?

As satisfying as they can be, sometimes basic 5Ks just aren't enough to quell the competitive thirst of adventurous adults.

Now more than ever, grown-ups across the Bay State are tapping into their childish sides and opting for Nickelodeon-esque obstacle races that pit them against mud, foam, Tarzan swings and tight ropes.

Thirty-four-year-old Alyssa Coleman has conquered at least 10 of them, including Rugged Maniac 5K, Tough Mudder, Warrior Dash and Superhero Scramble, and has paid upwards of \$170 a pop to participate in the messy races.

Though proceeds often go to charity, it's not just the contestants' good nature that draws them to the unique runs.

"It's so much fun. It's silly how much I spend on it, but it's my outlet. I get to crawl through mud and climb on things — I haven't done that since I was a kid," said Coleman, a mother of two who lives in East Bridgewater. "It's such an amazing feeling of accomplishment when you're done."

This Saturday, Coleman will head to Gillette Stadium to join 10,000 people at ROC Race 5K — short for Ridiculous Obstacle Challenge.

The game show-inspired obstacle run features the world's largest moon bounce, a giant wrecking ball and the world's

biggest inflatable water slide.

"It is a one-of-a-kind experience, and so much more than just a run. It's designed to bring out the kid in you," said ROC Marketing Coordinator Jenna Long.

And if pulling your body across a set of adult-sized "gorilla bars" seems intimidating, just remember that these races are not specifically aimed at athletes.

"From couch potatoes to track stars, it's a race for everyone," said Long, adding that most contestants are between the ages of 18 and 40, with about 60 percent of participants being women.

Coleman admits that although she is in good shape, she's had friends of all athletic ability join her in the extreme challenges.

"We take our time and get through them," she said. "Even if they're scared to death, when it's all over, they feel great."



Visit **Metro.us** to check out a slideshow of extreme races and a video of ROC Race 5K.

**MORGAN ROUSSEAU**  
@MetroMorgan  
morgan.rousseau@metro.us

### Get dirty

## Mudderella

For women looking to get more than just their hands dirty, Mudderella is set to make its Boston-area debut on Sept. 6. The female-friendly fundraiser will bring thousands of women to Haverhill for a 7-mile long course featuring 15 obstacles designed to test stamina, willpower and strength.

Mudderellas will don face and body paint, as well as temporary tattoos, to tackle the course, which includes a Hat Trick — a springboard jump onto a cargo net climb, ending with a slide into water — and Wheels in Motion — a test of agility requiring participants to pass over a series of swinging tires.

The event benefits Futures Without Violence, an organization dedicated to the prevention of domestic violence.



## Concert. Drinking leads to arrests, hospital visits after Keith Urban show

More than 50 intoxicated people were taken by police into protective custody and nearly two dozen others had to be taken to a hospital during a country music concert in Mansfield over the weekend.

Country music star Keith Urban headlined a show at the Xfinity Center on Saturday night.

Police and fire officials said that crews had to treat 46 people and take 22 to the hospital, mostly for alcohol-related issues. The high vol-

ume of people needing help resulted in ambulances from five surrounding communities to be called in.

"Police dealt with a steady stream of intoxicated persons as well, resulting in over 50 people being taken into protective custody and a number of others arrested for alcohol-related issues," Mansfield authorities said in a statement.

Measures were in place to provide care for patrons, authorities said. **MICHAEL NAUGHTON**

### Death investigation

## Body found on I-95 ramp in Burlington

A body found on a ramp near Interstate 95 may have been hit by a car that fled the area, state police said.

State police were called to

the Winn Street I-95 ramp in Burlington at about 9:10 p.m. Saturday for a report of a person lying in the roadway. When troopers arrived, they found the person had been killed, according to state police. **METRO**

# Massive fire damages three homes, displaces dozens



Fire crews on Sunday morning battle flare-ups at the scene of a nine-alarm fire on Allston Street in Cambridge. / NICOLAUS CZARNECKI, METRO

**Cambridge.** Crews from several firehouses raced to the scene of a nine-alarm blaze on Sunday morning.

An early morning fire in Cambridge displaced dozens of people and sent scores of firefighters racing to the scene as the flames spread among three buildings.

Firefighters from Cambridge and surrounding com-

### Quoted

**"Once we saw what was happening we knew we needed to turn [the school] into a shelter."**

Dawn Leaks, American Red Cross of Massachusetts spokeswoman

munities battled a nine-alarm fire that broke out early Sunday morning at 159 Allston St.

There were no reports of serious injuries, police said.

A spokeswoman for the American Red Cross of Massachusetts said that the agency helped about 40 residents, many of whom remained in an emergency shelter at a nearby school for hours.

When fire crews first arrived on scene, there was heavy fire showing from two of the buildings. Flames were also starting to spread to a third building.

Fire crews remained at the scene for hours as they battled flare-ups.

The cause of the fire remained under investigation on Sunday evening.



**MICHAEL NAUGHTON**  
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michael.naughton@metro.us



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M230RY0016N180614



## Ranked. Brookline third snobbiest small city

Raise your pinkies high while you sip on those \$6 soy cafe au laits, Brookliners, because you're among the snottiest snobs in the country.

Movoto Real Estate Blog has ranked Brookline as the third snobbiest small city in the U.S., coming in after first-place Palo Alto, California, and second-place Bethesda, Maryland.

The blog compiled a list of places in the U.S. with populations between 45,000 and 65,000 people, then took data from the U.S. Census and business listings, focusing on criteria they considered "snobby."

Home prices, income, college degrees, performance art and private schools were among the criteria examined.

Movoto then ranked each place in each category from one to 309, with scores closer to one being more snobby.

"Once we had that, we averaged each place's rankings into one Big Deal Score. The place with the number closest to one for that score became our

### Top 10 snobby cities

1. Palo Alto, California
2. Bethesda, Maryland
3. Brookline, Massachusetts
4. San Rafael, California
5. Walnut Creek, California
6. Hoboken, New Jersey
7. Oak Park, Illinois
8. Encinitas, California (tie)
8. Rockville, Maryland (tie)
10. Laguna Niguel, California

snobbiest place," the blog said.

With a median home price of \$681,900, one of the oldest country clubs in the world and a lack of fast-food restaurants, Brookline had no trouble earning its place atop the list.

MORGAN ROUSSEAU



## Summer gets artsy in Copley Square

Musician Shun Ng performs at the Boston Summer Arts Weekend, which brought a variety of free events to Copley Square this past Saturday and Sunday. Spectators enjoyed performances by musical artists from across the classical, jazz, blues, folk and Americana worlds as well as a number of new arts, food and cultural programs. Acts included Grammy Award-winning band Los Lobos, multi-Grammy Award-winning trumpeter Arturo Sandoval and bluegrass king Ricky Skaggs & Kentucky Thunder. / NICOLAUS CZARNECKI, METRO

### Gun play

## Revere shooting leaves two hurt

A man and a woman were shot as a fight broke out in front of a nightclub near Revere Beach over the weekend, authorities said.

The 33-year-old man and 36-year-old woman did not suffer life-threatening injuries, according to the Suffolk district attorney's office.

The man and woman were not part of the fight, which broke out about 2:15 a.m. Saturday near 320 Revere Beach Boulevard, authorities said.

"Revere and State Police canvassed the area for witnesses and evidence, undertook multiple interviews and are seeking video footage of the incident from businesses and individuals," the DA's office said. Charges were not immediately filed. METRO

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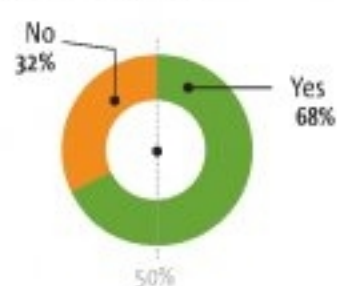


# A state reliant on its cars

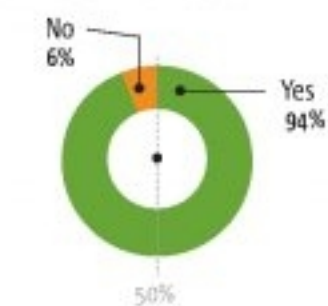
A Boston Globe poll shows that residents are most likely to support paying for road improvements close to home.

BOSTONGLOBE.COM/CAPITAL

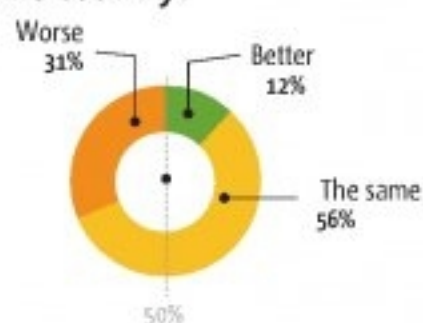
Do you work outside of your home?



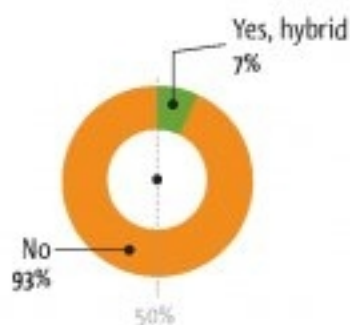
Do you have a driver's license?



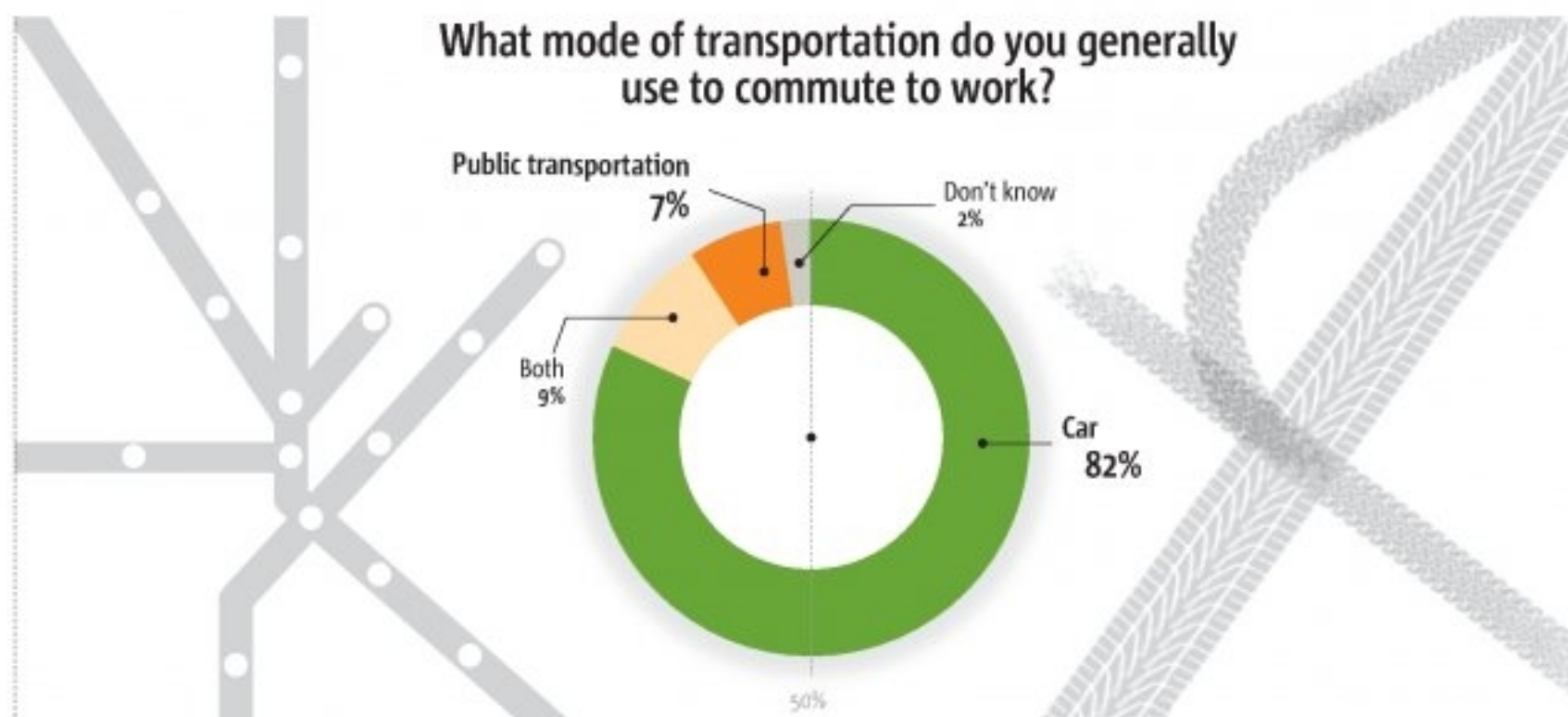
Do you think drivers in Massachusetts are better, worse, or the same as drivers in other parts of the country?



Do you own or lease a hybrid or electric car?

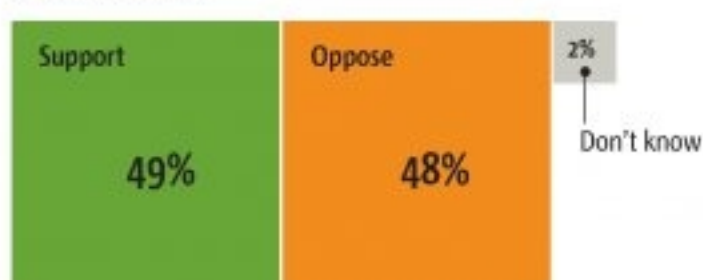


What mode of transportation do you generally use to commute to work?

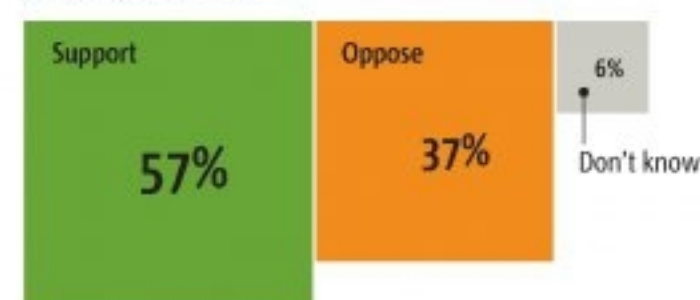


Would you support or oppose new fees or taxes if you knew the money would be going directly to pay for the repair of roads and bridges in...

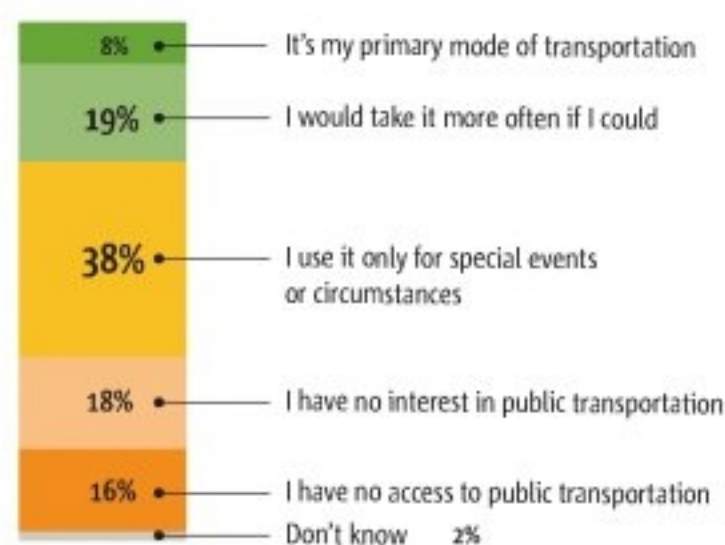
Massachusetts?



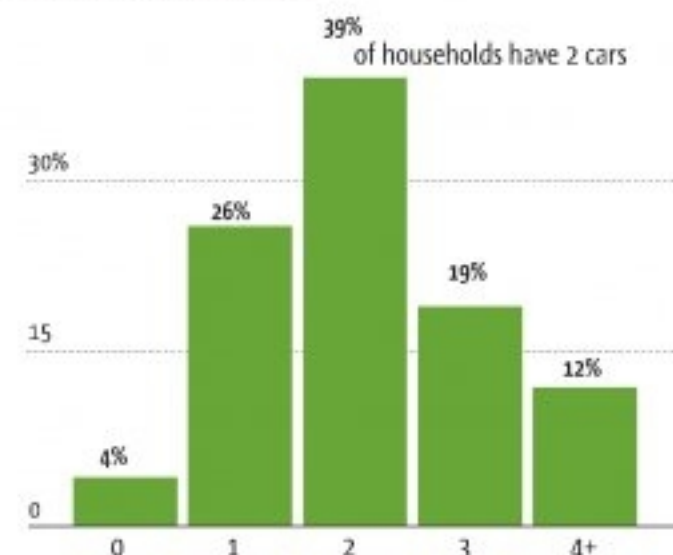
your city or town?



Which of the following statements best describes your use of public transportation?



How many cars, if any, do you have in your household?

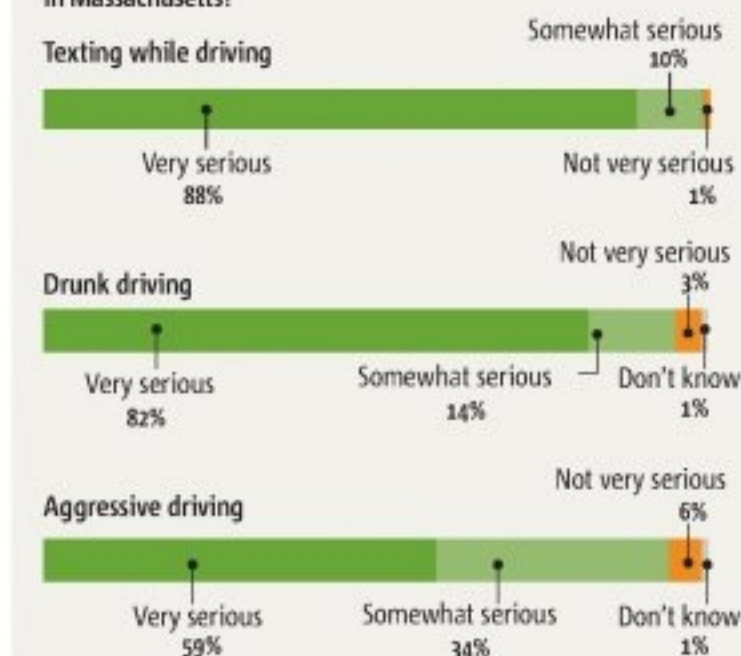


## Satisfied customers

Overall, are you satisfied or not satisfied with the quality of service of the following modes of transportation?



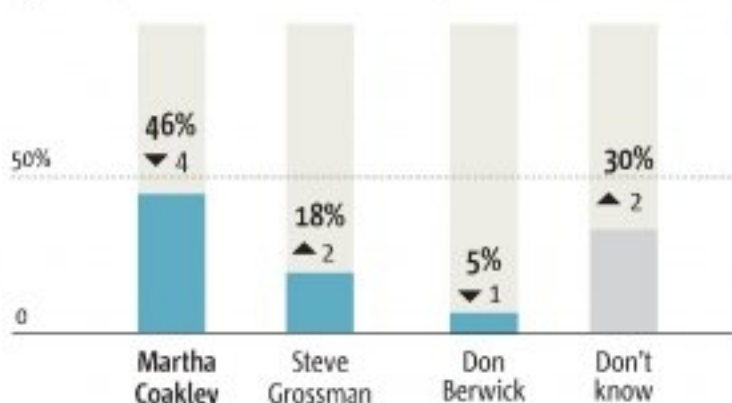
How serious a danger do you think each is to your safety as a driver or passenger in Massachusetts?



## Here's where the Massachusetts Democratic candidates for governor stand:

### DEMOCRATIC PRIMARY RATINGS

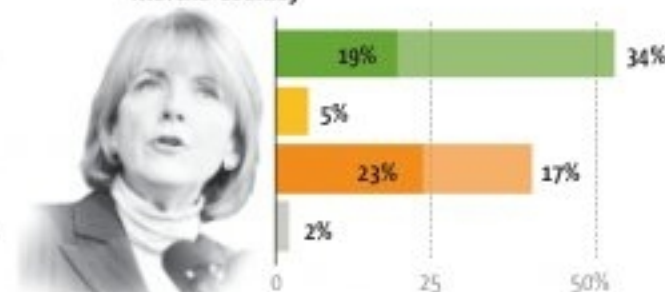
Change from last week, in percentage points



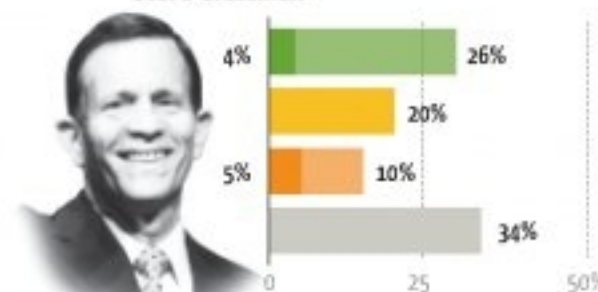
### FAVORABILITY RATINGS

Somewhat favorable Recognize name but can't rate Somewhat unfavorable Do not recognize  
Very favorable Very unfavorable

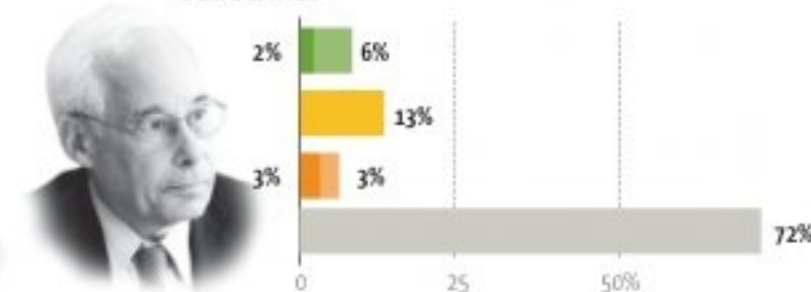
Martha Coakley



Steve Grossman



Don Berwick





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NEWS

8

# 'Skinnied-down' border bill is expected to pass

**Washington, D.C.** The House prepares to vote on a bill to give Obama \$2.7 billion of his \$3.7 billion request.

John Cornyn, of Texas, the No. 2 Republican in the U.S. Senate, said on Sunday he expected the House of Representatives to pass a "skinnied-down" emergency funding bill this week to deal with a surge of migrant children at the southwestern U.S. border.

The Republican-controlled House is debating how much to pare from President Barack Obama's \$3.7 billion supplemental request, although any House compromise is likely to face opposition in the Democratic-controlled Senate before lawmakers try to begin their scheduled break at the end of the week.

"I think the House will come with a skinnied-down



A mother and child from El Salvador await transport to a processing center for undocumented immigrants after they crossed the Rio Grande into the United States in Mission, Texas. / GETTY IMAGES

## Republicans

**\$1B**

Lawmakers have said House Republicans are considering a smaller amount, possibly \$1 billion or less.

bill in terms of money," Cornyn said on ABC's "This Week." He also said he expected the House to incorporate a plan he has proposed with Democratic

Representative Henry Cuellar of Texas to try to speed up deportation of Central American child migrants.

Many Democrats, led by Senate Democratic leader Harry Reid, have opposed that plan, which would amend a 2008 law that allows child migrants from countries other than Mexico and Canada to stay in the country as their cases work through a backed-up system. **REUTERS**

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## Deadly disease

### US doctor dies from Ebola in Liberia

A 33-year-old American doctor working for a relief organization in Liberia's capital has died from the tropical disease Ebola, according to a statement from Samaritan's Purse.

Dr. Kent Brantly was the medical director at one of the country's two treatment centers run by the organization.

It was not immediately clear



DR. KENT BRANTLY  
FACEBOOK

how he caught Ebola. The relief group's Melissa Strickland said that he had followed strict safety protocols when treating patients. **REUTERS**

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GOSSIP

9

## THE WORD

Ned Ehrbar takes  
on the world  
of gossip.



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## Penn puts a ring on it (maybe)

Charlize Theron fueled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a tell-tale ring on her ring finger. Theron flashed the sparkling piece of jewelry while passing through the LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for \$4,900 — so maybe it's not so much an engagement ring after all, since we'd like to think Penn would go for something a bit more lavish. Reps for both stars declined to comment.



Will these two be wed anytime soon? / ALL PHOTOS GETTY IMAGES

## That director who slept with Kristen Stewart finally divorces

Two years after Rupert Sanders' affair with his "Snow White and the Huntsman" star, Kristen Stewart, the British director's marriage to model Liberty Ross is really, truly, officially over. The pair finalized their divorce in Los Angeles last week, citing irreconcilable differences, according to TMZ. Court documents show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 percent of any profits from any of Sanders' movies, half of all their liquid assets, \$300,000 a year in spousal support and joint custody of their two children, Skyla, 10, and Tennyson, 8.



Stewart and Sanders in 2012

### Talking point

## Luke Skywalker says Han Solo is getting better

Don't worry, Han Solo is going to be just fine. Mark Hamill gave BBC News an update on Harrison Ford's condition since breaking his leg last month on the set of "Star Wars: Episode VII" — an injury that seemed severe enough to cause delays in filming. "I was not on set [when it happened]. It was really terrible, but I hear he's doing really well," Hamill says. "It will take more than that to stop Harrison Ford."



## Gwyneth and Chris Martin: Still consciously uncoupled

Chris Martin is really terrible at this whole "splitting up with your wife" thing. The non-threatening Coldplay frontman finally caved during a recent

radio interview and talked about his separation from Goop guru Gwyneth Paltrow, and he couldn't stop himself from being really, really nice about the whole thing. "The truth is — well, I don't really love talking about this stuff," Martin said. "But the thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal, I'm afraid. I wish I could give you scandal." Me too, Chris. Me too.



# 2

## CULTURE



### Twitter feed

Today, Lady Gaga is in need, Marlon Wayans is keeping it positive, Mindy Kaling is paying attention and RuPaul wants you to mind your manners.

@ladygaga: All I want is vintage designer and frenchies. Is there a place I can go for help? A hospital perhaps?

@MarlonWayans: I don't regret... I just rejoice

@mindykaling: I should be a detective, I always find out about everything

@RuPaul: Quick Reminder: Clean up after yourself



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Monday, July 28, 2014

CONVENTION

10

## Big things at Comic-Con

**Nerds.** This year's event boasted Wonder Woman and "GOT" news, but few shocks.



NED EHRBAR  
@Nedrick  
[ned.ehrbar@metro.us](mailto:ned.ehrbar@metro.us)



Comic-Con is a place where "Game of Thrones" fans can dress up and feel right at home. / GETTY IMAGES

### 1 First look at Wonder Woman

It wasn't a surprise, but it was nice of Zack Snyder to unveil the first image of Gal Gadot as Wonder Woman in "Batman v. Superman: Dawn of Justice." That led to hours of debate about whether the costume was the best thing ever or the worst thing ever.

### 2 No surprises

This was apparently the year of studios keeping things to themselves. No big casting revelations, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.

### 3 TV takes over

This Comic-Con was pretty lackluster as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of "Game of Thrones," "The Walking Dead" and "Hannibal."

### 4 Henry Cavill as a Jedi

"Batman v. Superman: Dawn of Justice" director Zack Snyder posted a photo to Twitter of "Man of Steel" star Henry Cavill in his Superman costume — but with an added Jedi robe and lightsaber. Now that is a movie we would line up to see.

### 5 New faces in Westeros

George R.R. Martin introduced some exciting new faces to the "Game of Thrones" world that he can shockingly kill off once viewers have gotten attached to them. The newcomers include Jonathan Pryce, Keisha Castle-Hughes and Alexander Siddig.

### 6 Comic-Con virgins

This year's Comic-Con saw several big names making their debut visits to the massive event, including Sir Ben Kingsley, Matthew McConaughey and "Interstellar" director Christopher Nolan, who somehow managed to avoid the convention during the "Dark Knight" era.

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**Anger was destroying me**  
I had anger bottled up inside of me against someone that had hurt me. I tried to put it behind me, but I couldn't. It got to the point of me wanting to kill them. I received the Anointing Oil and started to anoint my head, and prayed for myself. That's when I started to see things differently and I was able to forgive. Today I have nothing against them.

Dwanna McGee  
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Drop for Healing

Suzzane Sharidan  
**Sunday July 13**  
Drop for Finance

Andrew Dixon  
**Sunday July 20**  
Drop for Family

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THEATER 11

## From boy band to 'Neverland'

**Interview.** Former boy bander Gary Barlow brings a pop song sensibility to the task of writing for a musical.

For Gary Barlow, walking the streets of Cambridge is a refreshing experience. Here, he's Gary Barlow, co-songwriter for the American Repertory Theater's new musical, "Finding Neverland." But in the U.K., he's Gary Barlow, founding member of the massively popular '90s boy band Take That.

"We call ourselves a 'man band' now," says Barlow with a smile. For whatever cross-cultural reason, Take That never took off here the way it did in the U.K., but Barlow appreciates the opportunity for a little anonymity while he's here. He and songwriting partner Eliot Kennedy are in town to put the final touches on the music they've written for "Never-



Take That's biggest hit in the U.S. was "Back for Good." Trust us, if you lived through the '90s, you know it. / GETTY IMAGES

If you go

### 'Finding Neverland'

Through Sept. 28  
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[www.americanrepertorytheater.org](http://www.americanrepertorytheater.org)

land." The duo has been working together since the early 1990s, and were recruited by producer Harvey Weinstein to help out with the show.

"He said, 'We finished the musical, but we're short of one song.' So I said, 'Oh great, let's see the show,' and of course one song led to two songs, three songs. ... We've replaced every song, so it's completely our

soundtrack now," says Barlow.

Don't go in expecting to hear typical musical songs, though. Kennedy and Barlow stuck to what they know.

"I think we tried to write one song where we thought, 'Oh, it sounds really musical theater!' And Diane [Paulus, A.R.T.'s artistic director] hated it. So we just went back to writing three-and-a-half-minute pop songs," says Kennedy.

The musical, like the movie, follows the story of J.M. Barrie and his meeting with the Llewelyn Davies family, who inspired the Peter Pan stories.

Kennedy says he enjoyed writing about Captain Hook. But for Barlow, the character who resonated the most was J.M. Barrie himself.

"I'm not going to at all compare myself to J.M. Barrie and his talent, but when you're a creative person, those insecurities — God, how well do we know that," Barlow says.



LISA WEIDENFELD  
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  - **Wednesday, August 6 • 6:00 P.M.**
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  - **Tuesday, August 12 • 6:00 P.M.**
    - Accelerated Bachelor of Science in Nursing
  - **Thursday, August 28 • 6:00 P.M.**
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WELLBEING

12

## All you should eat: What future food might look like



The idea behind 3-D printed food is to make only what you need, without the waste. / CONTRIBUTED

For years, we've enjoyed endless helpings at all-you-can-eat restaurants. But that way of eating could be a thing of the past, as scientists develop foods of the future based on our specific nutritional needs, or an all-you-should-eat concept.

The world's largest food company, Nestle, is developing an "instant nutrient machine" that would dispense the basic vitamins and minerals a person needs for their diet. "These products might be liquids, powders or pills, delivered using a machine at home," Nestle spokeswoman Hilary Green told Metro. However, the company has said an affordable "Nepresso of Nutrients" could take years to develop.

With a release date set for later this year, the wait is shorter for the Foodini, a 3-D food printer that uses capsules of ingredients to print layers of food items such as pasta,

burgers and chocolate. It is also connected to the Internet, explained Lynette Kucma, co-founder of Foodini manufacturer Natural Machines.

The device is similar to a \$125,000 printer that NASA is using to replicate pizzas for astronauts. Natural Machines' sci-fi food-maker will be a fraction of the cost at \$1,300.

Innovative ways of protecting the planet are central to the future food movement. Biologists at the Netherlands' Wageningen University are using animal stem cells to grow "eco-friendly" meat in the lab, as an alternative to raising cattle.

But for now, in vitro meat remains prohibitively expensive. Last year, scientists in London unveiled the world's first lab-grown burger: a 5-ounce patty costing about \$425,000.



DANIEL CASILLAS  
@metroBOS  
letters@metro.us



**Food.** Scientists are exploring ways of breaking down basic nutrients and serving them up as viable food sources.

### Food science

#### Nestle nutrient machine

The Nestle Institute of Health Sciences is working to identify people's specific micro-nutrient needs. This research will help provide the scientific basis for more targeted nutrition.



#### Cultured meat

Cultured meat, produced in an animal-cell cultivation process, is a technically feasible alternative. Theoretically speaking, it has the potential to greatly improve the global food crisis as it requires only a small fraction of the land.



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**Ume**



# Feeling stuck? Get out of the entry-level rut

**Moving on up.** Author Mary Traina says millennials need to look at the big picture when it comes to work.

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, the author of the new book "The 20-Something Guide to Getting it Together."

But, she adds, "I think a lot of early 20-somethings hit a rut [when it comes to figuring out their career paths] and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.



LAKSHMI GANDHI  
@LakshmiGandhi  
lakshmi.gandhi@metro.us

## No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days. "I was working really hard," she recalls, "and I thought someone would basically say 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

## Don't wallow

It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," believes Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.



Volunteer to do tasks for the higher-ups to get noticed and get to know your company's bigwigs. "It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key. / INGRAM PUBLISHING

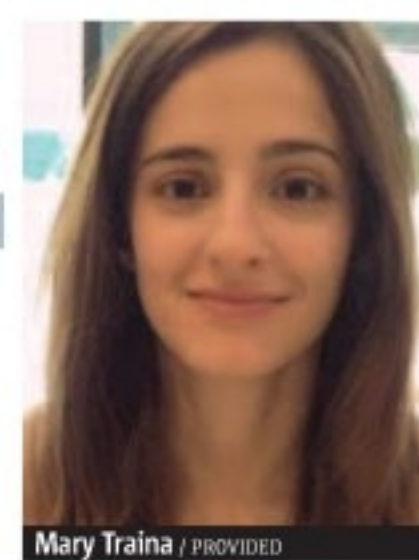
## You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wast-

ing their time. "Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

## Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not. Some detective work may be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops as ways to discover the answer.



Mary Traina / PROVIDED

## Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers. Most entry-level jobs are primarily administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

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## Horoscope

**♌ Leo | July 23-Aug. 22.**

A careful marshaling of the facts will help you avoid an embarrassing situation. You'll end up sacrificing a friendship if you make false accusations.

**♍ Virgo | Aug. 23-Sept. 22.**

Don't let the little things get you down. Do something that will ease your stress and help you rejuvenate. Keep a low profile and don't feel obliged to take on responsibilities.

**♎ Libra | Sept. 23-Oct. 22.**

Take a position of leadership in order to invite interesting opportunities. You can handle whatever comes your way, even if you have to work at it.

**♏ Scorpio | Oct. 23-Nov. 21.**

Don't make waves today. If you come on too strong, you will push away someone you need in your corner. Listen to what others have to say before you make a move.

**♐ Sagittarius | Nov. 22-Dec. 21.**

Your curiosity is likely to spur a day of exploration. A day trip will provide you with interesting information about future possibilities. Let your competitive nature lead the way.

**♑ Capricorn | Dec. 22-Jan. 20.**

Circumstances surrounding a domestic situation or older relative may be difficult. Help out however you can. By offering your assistance, you will improve your image.

**♒ Aquarius | Jan. 21-Feb. 18.**

Your plans will face opposition. Go with the flow rather than fight the odds. Taking things as they come will prove to be the best way of dealing with whatever comes your way.

**♓ Pisces | Feb. 19-March 20.**

Today, you will feel as if you're being treated unjustly, but if you proceed responsibly and with diplomacy, you will overcome any pitfall you encounter. Attitude will make a difference, so offer people affirmation.

**♈ Aries | March 21-April 20.**

You may have trouble deciding in which direction to go today. Pare down your to-do list. Being selective will bring you that much closer to your goals and greater prosperity.

**♉ Taurus | April 21-May 21.**

Your emotional well-being will be fragile. Don't lash out. Revealing your true feelings will give your opponents the upper hand. Stay calm.

**♊ Gemini | May 22-June 20.**

Discussions with relatives will uncover some interesting insight into your background and personality. Trivial details will turn out to be revealing.

**♋ Cancer | June 21-July 22.**

Don't give in to someone else's demands. Protect your position. Offer suggestions, but don't take on responsibilities that don't involve you. **BERNICE BEDE OSOL**

## Letters

**Immigrate as in times past**

Much has been said about the crisis on our southern border. So many like to quote the poem on the base of the Statue of Liberty by Emma Lazarus: "Give me your tired, your poor, your huddled masses yearning to breathe free."

Stop it, please. Let's keep things in perspective. Nowhere does this poem suggest that the "huddled masses" should sneak across borders in violation of our immigration laws. Nowhere does it say free care

will be given to those who break our laws. Nowhere does it imply that those who cheat in this entry will get a step up on those who follow the rules. Rather, the understanding was, at the time, that anyone, from any country regardless of his or her station, would be accepted through Ellis Island and given an equal chance to prosper. Just in the same manner as most of our ancestors entered orderly in the 19th and 20th centuries. From 1892 through 1954, nearly 12 million people entered this country legally. The poem never meant "just storm the gates, we will provide for

you." It called for the huddled masses who were "yearning to breathe," willing to struggle and succeed, not looking for a handout or a free ride. There is a system to enter this country legally. Granted, it may be slow and inefficient. Let's improve it. Let's take advantage of modern technology. Let's include safeguards. Just in the same way Ellis Island served us for so many years, this once great country can enjoy the benefits that accrue from the inclusion of diverse peoples whose goal it is to start a new life in a free and open society.

**E. CAMPBELL, VIA EMAIL**

**Help citizens****Re: 'What about young citizens?' (Metro, July 24-27)**

Thank you for pointing out so well the lunacy of the U.S. refusal to invest in its own people. I'm a citizen, I'm below the poverty line and suffering from serious chronic illness. I'm in need of help, and I'm not getting any. **LILY MARIN, VIA EMAIL**

**letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

**Sudoku: Easy and hard**

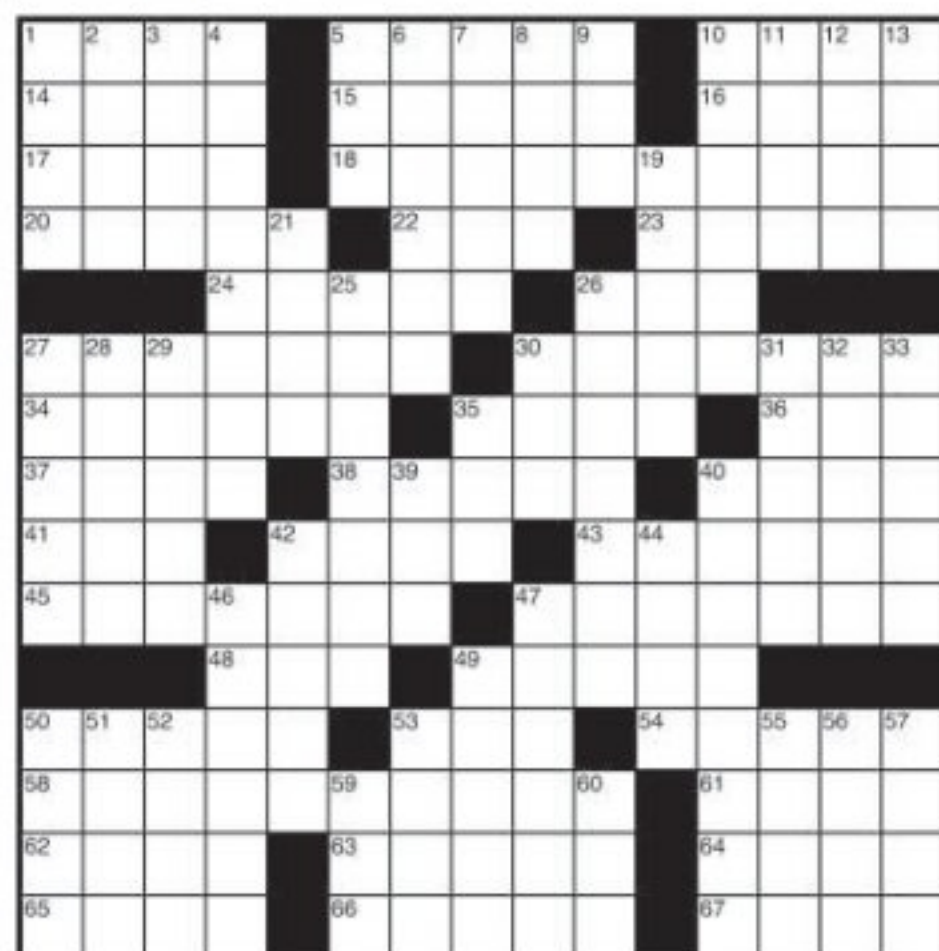
9					3			
		6	5	2				
3	8		7				1	
2			3			1		4
	3		4		5		6	
5		1			9			7
	9				1		7	3
				4	2	5		
			6					9

5	9							6
	3			4		9	5	
2		6			9			
1	5		2					
	2		4		3		7	
					5		2	1
			8			1		3
	1	4		3			8	
3							9	5

**How to play**

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

**Across**

- 1 Fuzzy fruit
- 5 Flagpole
- 10 Easygoing
- 14 Bond's alma mater
- 15 Jots
- 16 Like the Mojave
- 17 Bookish type
- 18 Deep-fried treats
- 20 Cornered
- 22 Hosp. workers
- 23 Happen next
- 24 Undeliverable mail
- 26 Bikini top
- 27 Eclair filling
- 30 Dropped a mot
- 34 Parthenon goddess
- 35 Artifice
- 36 Miscalculate
- 37 Contended
- 38 Matterhorn echo
- 40 Big name in Western novels
- 41 Architect's wing
- 42 Gentlemen
- 43 Isis' beloved

**Down**

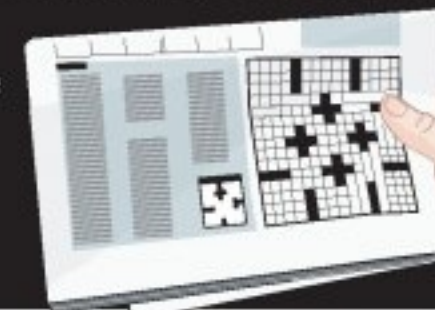
- 1 Lois Lane's coworker
- 2 Roman highway
- 3 Became frayed
- 4 Started a paragraph
- 5 Incite Rover
- 45 Talking up
- 47 Tries a bite of
- 48 It may be hard-boiled
- 49 Disgusted (2 wds.)
- 50 Pallid
- 53 Danson or Turner
- 54 Economy-size
- 58 Pipe clay
- 61 Director — Kazan
- 62 Cleveland's waters
- 63 About that time
- 64 Weeps
- 65 Ancient ointment
- 66 Map within a map
- 67 Elephant tooth

**6 Like a paperback romance**

- 7 Repair a wrong
- 8 Online info
- 9 Tallahassee coll.
- 10 Brief sleep
- 11 Poetry and painting
- 12 Stead
- 13 Dept. store inventory
- 19 Chilling
- 21 Zoologist — Fossey
- 25 Radiology job (hyph.)
- 26 Gaggles of sightseers
- 27 Grottos
- 28 Good for something
- 29 Turtle's refuge
- 30 Vt. neighbor
- 31 Round gem
- 32 Bert's pal
- 33 Sheath
- 35 Rural rtes.
- 39 Assn.
- 40 Peppiest
- 42 Posters
- 44 Overconfident
- 46 Eyed wolfishly

**Visit us online at Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

**Weekend's answer**

- 47 Entice
- 49 Dreads
- 50 Hymn finale
- 51 Immunity shots
- 52 Whodunit suspect
- 53 Like a wafer
- 55 Matty of the diamond
- 56 Robin beaks
- 57 Chore
- 59 201, to Cato
- 60 Tumbler's pad



# QUIT BEING SO SENSITIVE, PATRIOTS FANS

One would think Red Sox fans would be the collective group around here that would be accused of being sensitive. You know the types: those who dumped Dave Matthews for Zac Brown at some point in 2013, those who drink only Nantucket Nectars, those who run 5Ks in fleeces, those who believe deep in their hearts that Boston puts on the best "Flahworks" show in the country each Fourth of July and those Whole Foods loyalists who never stepped foot in a Market Basket anyway.

One would think those types would not like the needling. But jabbing at our Boston baseball team is typically fine for all — mostly because it's tradition. There are endless internal debates about whether they should have signed Stephen Drew and whether or not they should pay Jon Lester. The discussion is simply fun.

Discussing the Patriots with co-workers and friends is not nearly as enjoyable. There is always that birdy on your shoulder that warns you not to go too far in your criticism.

**"Why is this defense going to be a Top 5 defense all of the sudden? Is Darrelle Revis really worlds better than Aqib Talib?"**

**"Rob Gronkowski hasn't been healthy enough to contribute for the Pats in a playoff game since the second Super Bowl loss to the Giants. Why should we believe he'll be 100 percent?"**

**"Only two QBs over the age of 37 have won Super Bowls. Are the odds really in Tom Brady's favor to continue to be elite?"**

These are all fair questions regarding the 2014 Patriots. But don't be too quick with a negative answer or you're bound to — at some point — be labeled a

## Opinion

### MATT BURKE

MATTHEW.BURKE@METRO.US



Visit [Metro.us](http://Metro.us) to view a list of the Top 100 fantasy football players for 2014.

in the wild card round in early '06, Brady was a perfect 10-0 in the playoffs — unheard of. The first sign of Brady-Belichick mortality came in the "Champ Bailey" game a week after the win over the Jags, but SpyGate — of course, was the "aha!" moment for everyone outside of New England. Most right-minded individuals would now admit that the scandal wasn't that big of a deal because: A. Nearly everyone was stealing signals at the time, and B. The Pats have done plenty of winning since they were "caught." Still, it remains the wrench that any football troll can toss at a Pats fan on an ESPN.com comments section.

Aaron Hernandez doesn't help win Patriots fans any Internet arguments either. Fair or unfair, the Patriots are "Raiders East" in some circles due to their cheating ways and their harboring of an alleged murderer.

Aside from the negative imagery, Patriots fans don't have those tried and true stats anymore to outright win a Brady-Manning or Patriots vs. The Field argument either.

Yes, the Patriots will win 11, 12 or 13 games this year, because that's what they always do. They are the most consistent team in North American professional sports outside of the pro basketball team from San Antonio. Yet, it always feels as though the Pats don't get the proper respect from people outside of New England and every slight, every comment — online or in person — tweaks a nerve. Why don't these people get that the Patriots are great?

The problem is, talking sports is like talking politics. Nine times out of 10, people already have their minds made up.

So don't be so sensy this season, Pats fans. In fact, this year treat the haters like your head coach treats the media — quietly, and with disdain. Don't let 'em rattle ya.

"Pats hater."

Truth be told, there are layers of reasons why Patriots fans are a little "sensy." In the first few years of the Patriot dynasty, many in the national media and other fan bases acted as though the Pats were just plain lucky. Sure, there was the Tuck Rule game that going things rolling. Great luck. But then it was lucky to win a second and then third Super Bowl?

Up until 2006, Pats fans had every single stat in the world to prove that Brady was not only better than Manning, but Brady was better than Marino, Montana, Unitas — the lot of 'em. After beating the Jaguars



Tom Brady gets his throws in at Patriots training camp in Foxboro last week. / BOSTON GLOBE

# 3

## SPORTS

NFL

### Garoppolo struggling

Second-round draft pick Jimmy Garoppolo hasn't yet found his niche at Patriots training camp as the rookie quarterback was picked off three times during Saturday's practice and had to run a lap for the second straight day, according to [WEEI.com](http://WEEI.com).

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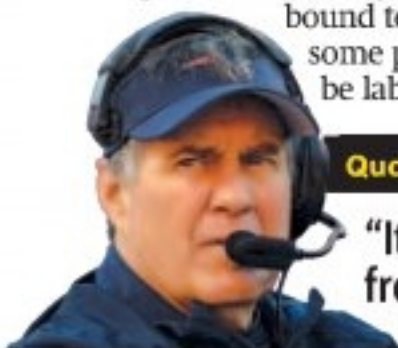


TO BENEFIT:



## Quoted

**"It always feels as though the Pats don't get the proper respect from people outside of New England and every slight, every comment — online or in person — tweaks a nerve."**





## Big league ewww

GREG MADDUX  
GETTY IMAGESMaddux talks  
farts at ceremony

Pitching great Greg Maddux spiced up his Hall of Fame speech Sunday, telling a story about how his brother, Mike, used to light farts on fire.

"I still get a huge kick out of it today," Maddux said to the Cooperstown, New York, crowd. **METRO**

## Rumor has it

MATT KEMP  
GETTY IMAGESSox may have  
eyes for Kemp

The Red Sox are considering making a trade for Dodgers outfielder Matt Kemp, according to ESPN's Gordon Edes. The oft-injured outfielder would likely be the main piece coming back to Boston in a Jon Lester swap, according to the report. **METRO**

## Flash Gordon

JEFF GORDON  
GETTY IMAGESGordon back on  
top at Brickyard

Jeff Gordon made history Sunday as he raced to a NASCAR-record fifth victory at the Brickyard 400 at Indianapolis Motor Speedway.

Gordon excelled in the final re-start of the race as he passed Kasey Kahne with 17 laps left. **METRO**

## MLB. Struggling Red Sox welcome Blue Jays to Fenway for three games



Clay Buchholz will get the start for the Red Sox Monday when they host the Toronto Blue Jays. / GETTY IMAGES

The Red Sox (48-57) were able to pry one win out of their weekend series in St. Petersburg, Florida, with the Rays, but have lost most of the momentum that they carried just one week ago.

The Sox have gone just 2-5 so far in their extended intra-division stretch and that record could very well have been worse today had it not been for David Ortiz's three-run home run in the third inning Sunday that directly led to a 3-2 Boston win.

The struggling Sox will now meet the Blue Jays (56-50) for the second time in a week with this series taking place at Fenway Park, beginning Monday night.

Clay Buchholz (5-6, 5.50 ERA) will work on the mound for the Sox Monday, squaring off against R.A. Dickey (8-10, 4.04 ERA). Rubby De La Rosa (3-3, 3.54 ERA) and Jon Lester (10-7, 2.52 ERA) are scheduled to start for the Sox in the final two games of the three-game set. **MATT BURKE**

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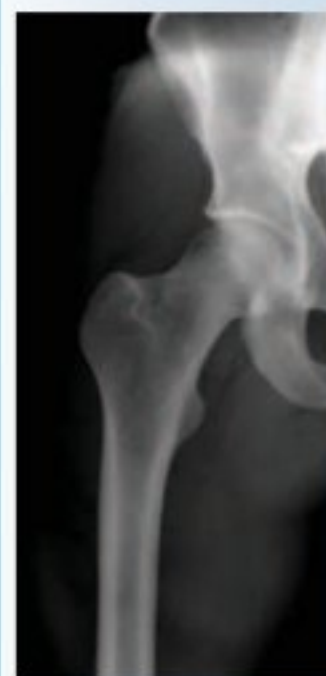
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Docket No. SU14P1544EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Leonard James George, Sr.  
Date of Death: 4/22/2004

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Leonard George, Jr. of Las Vegas, NV. Leonard George, Jr. of Las Vegas, NV has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P1543EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Celestine Marshall  
Date of Death: 10/19/2006

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Charles H. Marshall, Sr. of Wilmington, DE. Charles H. Marshall, Sr. of Wilmington, DE has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P1666EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Betty Ruth Tillman  
Date of Death: 10/11/2011

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Keith Tillman of Chicago, IL. Keith Tillman of Chicago, IL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P1661EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: William Washington Freeman  
Date of Death: 4/10/2010

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114

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To all persons interested in the above captioned estate, by Petition of Petitioner Nicole R. Talbot of Steubenville, OH. Nicole R. Talbot of Steubenville, OH has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

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